



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20221031

Diabetes

Reducing carbohydrates in diet can decrease risk of diabetes: Study (The Tribune: 20221031)

<https://www.tribuneindia.com/news/health/reducing-carbohydrates-in-diet-can-decrease-risk-of-diabetes-study-445878>

The study is published in the journal JAMA Network Open

Reducing carbohydrates in diet can decrease risk of diabetes: Study

According to new research from Tulane University, a low-carb diet can assist people with uncontrolled diabetes and decrease the blood sugar levels of those who are at risk of developing it.

The study, published in the journal JAMA Network Open, compared two groups: one assigned to a low-carb diet and another that continued with their usual diet. After six months, the low-carb diet group had greater drops in hemoglobin A1c, a marker for blood sugar levels, when compared with the group who ate their usual diet. The low-carbohydrate diet group also lost weight and had lower fasting glucose levels.

"The key message is that a low-carbohydrate diet, if maintained, might be a useful approach for preventing and treating Type 2 diabetes, though more research is needed," said lead author Kirsten Dorans, assistant professor of epidemiology at Tulane University School of Public Health and Tropical Medicine.

Approximately 37 million Americans have diabetes, a condition that occurs when the body doesn't use insulin properly and can't regulate blood sugar levels. Type 2 diabetes comprises more than 90 per cent of those cases, according to the Centers for Disease Control and Prevention (CDC).

Type 2 diabetes can severely impact quality of life with symptoms such as blurred vision, numb hands and feet, and overall tiredness and can cause other serious health problems like heart disease, vision loss and kidney disease.

The study's findings are especially important for those with pre-diabetes whose A1c levels are higher than normal but below levels that would be classified as diabetes.

Approximately 96 million Americans have pre-diabetes and more than 80 per cent of those with pre-diabetes are unaware, according to the CDC. Those with pre-diabetes are at increased risk for Type 2 diabetes, heart attacks or strokes and are usually not taking medications to lower blood sugar levels, making a healthy diet more crucial.

The study involved participants whose blood sugar ranged from pre-diabetic to diabetic levels and who were not on diabetes medication. Those in the low-carb group saw A1c levels drop 0.23 per cent more than the usual diet group, an amount Dorans called "modest but clinically relevant".

Importantly, fats made up around half of the calories eaten by those in the low-carb group, but the fats were mostly healthy monounsaturated and polyunsaturated fats found in foods like olive oil and nuts.

Dorans said the study doesn't prove that a low-carb diet prevents diabetes. But it does open the door to further research about how to mitigate health risks of those with pre-diabetes and diabetes not treated by medication.

"We already know that a low-carbohydrate diet is one dietary approach used among people who have Type 2 diabetes, but there is not as much evidence on effects of this diet on blood sugar in people with pre-diabetes," Dorans said.

Covid in endemic phase

Covid in endemic phase, feel experts as hospitalisation, deaths remain miniscule (The Tribune: 20221031)

<https://www.tribuneindia.com/news/health/covid-in-endemic-phase-feel-experts-as-hospitalisation-deaths-remain-miniscule-445860>

According to experts, there is not much difference in the number of seasonal flu cases and that of Covid-19

Covid in endemic phase, feel experts as hospitalisation, deaths remain miniscule

Photo used for representational purpose only. iStock

With hospitalisation and number of deaths due to Covid-19 remaining miniscule for the past few months despite people largely not adhering to behavioural norms, experts feel the prevalence of the viral disease has reached its endemic stage.

According to some experts, there is not much difference in the number of seasonal flu cases and that of Covid-19, even though they stressed that surveillance for newer variants should continue in the off chance of a new lineage of coronavirus catching the country off guard.

Currently, the symptoms of Covid and influenza are very similar and can be said to be a flu-like syndrome and the treatment essentially remains supportive, former AIIMS director and a professor of pulmonology at the hospital, Dr Randeep Guleria said.

Though cases especially in the high risk group may have relatively been more severe, currently the mortality is negligible and similar to what was being seen in this group before Covid, Dr Guleria told PTI.

“Looking at the current number of cases we can say Covid has almost reached the endemic phase. The number of cases coming to the hospital are almost equal or less than seasonal flu cases. Having got familiar with the aspects of the disease, people also have become complacent with the realisation that this particular Covid condition will now remain mild and not really lead to serious ICU care, etc,” Dr Neeraj Gupta, a senior pulmonologist and additional medical superintendent of Safdarjung Hospital, told PTI.

Dr Gupta, however, stressed that vulnerable people such as the elderly and those having co-morbidities will still require similar precautions as is needed for other infections such as influenza and pneumonia.

Dr Chandrakant Lahariya, a physician and an epidemiologist said, "What we need to remember is that every new variant does not automatically become a concern. There would be regular emergence of SARS CoV2 variants for long. These should be tracked and genomic sequencing should be done but there is no logic in starting the discussion on new wave with report of every new variant".

"India is well past the major threat of severe impact of Covid. Disease has become endemic in the country and we should start handling and responding to SARS- CoV2 like any other viral disease," Dr Lahariya said.

According to NTAGI chief, Dr N K Arora it has been one year since Omicron was first described as a variant of concern and since then there has been over 70 sub lineages.

In the last nine to ten months, hospitalisation and deaths have not increased in India despite dynamic changes in the proportion of Omicron sub lineages across the country. Almost every sub lineage described anywhere in the world is also circulating in India without an increase in severe Covid cases.

"Due to widespread Covid vaccination coverage and natural infection, we are in a relatively safe and comfortable situation as far as the pandemic is concerned. However, Covid is very much around us and we need to be careful lest the community is surprised with a severe disease causing Covid variant," Dr Arora said.

An infection is said to be endemic in a population when that infection is constantly maintained at a baseline level in a geographic area without external inputs.

The daily coronavirus cases in the country have been below 3,000 for the last 27 days, while the deaths have been below ten for the last 22 days.

AIIMS

Now, know emergency bed status at AIIMS; real time dashboard launched (The Tribune: 20221031)

<https://www.tribuneindia.com/news/nation/now-know-emergency%C2%A0bed-status%C2%A0at-aiims-real-time-dashboard-launched-445647>

Soon attendants of patients admitted at AIIMS will also be able to see video messages of doctor consultations at home

Now, know emergency bed status at AIIMS; real time dashboard launched

All India Institute of Medical Sciences, in New Delhi. PTI file

In a major pro-patient move today AIIMS, New Delhi, launched a dashboard to reveal real time emergency bed availability status on its website along with the details of the number of patients awaiting emergency treatment.

AIIMS also unveiled a new feature whereby attendants will be able to see patient consultation videos at home and be assured of the line of treatment.

The "AIIMS Main Hospital Casualty Dashboard" is the first step with all major central government hospitals in Delhi and Delhi government hospitals agreeing to launch a similar dashboard in near future.

The decision was taken at a meeting which AIIMS New Delhi director M Srinivas convened to discuss coordination between all Delhi hospitals for better care of stable emergency patients.

The Medical Directors, Medical Superintendents of Safdarjung Hospital, RML, Lady Hardinge, Sardar Vallabh Bhai Patel, Deen Dyal Upadhyay, Indra Gandhi Hospitals, Institute of Liver and Biliary Sciences, NDMC, LNJP hospital, IHBAS, Madan Mohan Malviya Hospital, Acharya Shree Bhikshu Hospital and Charak Pallika attended the meeting.

Director AIIMS emphasised on the need of real time emergency bed availability of all the hospitals, integrated unified dashboard of bed status, human network to communicate between

hospitals before referrals, two-way referral of critical and non-critical cases and training programme to develop expertise.

All attending Medical Directors agreed that a real time dashboard is required in every hospital and an integrated unified dashboard should show availability of beds in all the hospitals to the patients.

The meeting also discussed video teleconsultation for patients in emergency requiring super specialist care and drafting of a resource map of government hospitals in Delhi so that the resources can be utilized optimally.

Patient tracker system was also showcased by AIIMS, New Delhi, where the doctors can see the current status of their patient in emergency, for example what investigations are pending and which referral call to specialty department is pending.

Stroke cases among young adults

UK study finds sharp rise in stroke cases among young adults (The Tribune: 20221031)

<https://www.tribuneindia.com/news/health/uk-study-finds-sharp-rise-in-stroke-cases-among-young-adults-445630>

The study was funded by the Medical Research Foundation and analysed the rate of new stroke cases in Oxfordshire, UK, over the last 20 years

UK study finds sharp rise in stroke cases among young adults

Incidence of stroke in young adults have witnessed a sharp increase, according to a study of more than 94,000 people in Oxfordshire, reflecting growing evidence that the medical emergency in that demographic is a growing problem in high-income countries.

The study was funded by the Medical Research Foundation and analysed the rate of new stroke cases in Oxfordshire, UK, over the last 20 years.

Stroke is a major health problem that can have devastating consequences. It occurs when the blood supply to the brain is cut off. This leads to death of brain cells and dysfunction in one or more parts.

The restricted blood supply can be the result of an artery supplying blood to the brain being blocked, a blood vessel rupture causing a bleed inside the brain, or a brief reduction in blood supply to the brain.

The traditional view is that vascular risk factors such as high blood pressure, diabetes and obesity play a minor role in stroke among young adults. However, recent studies have begun to contradict this view, according to this latest research.

The new study, led by researchers from the Nuffield Department of Clinical Neuroscience at the University of Oxford, has been published in the Journal of the American Medical Association.

The researchers explored whether stroke incidence in younger and older people changed from 2002 to 2018. They drew on data from The Oxford Vascular Study, which comprises 94,567 people registered with General Practitioners' practices across Oxfordshire.

Incidence refers to the number of people who develop a specific disease or health-related event—in this case stroke—during a particular time period.

The researchers also took into account other factors such as lifestyle, changes in diagnostic practices, control of traditional vascular risk factors, and sex-specific causes.

They found that between 2002-2010 and 2010-2018, there was a 67 per cent increase in stroke incidence among younger adults (under 55 years) and a 15 per cent decrease among older adults (55 years or older). A similar divergence in incidence was not found for other vascular events such as heart attacks.

Among young people who had a stroke, there was a significant increase in the proportion of those in more skilled occupations, particularly professional or managerial jobs, the study said.

This could suggest a role for work-related stress, low physical activity, and long working hours, each of which were more strongly associated with risk of stroke than heart attack, according to the study.

The prevalence of traditional vascular risk factors in young people with stroke was also high, emphasising the importance of identifying and managing these factors, it said.

Medical Research Foundation Fellow Dr Linxin Li from the University of Oxford said, "Our study shows a worrying rise in young stroke cases across Oxfordshire, reflecting a similar picture across other high-income countries." "Establishing the importance of known risk factors in young stroke will help to raise general awareness of the need for better control. We also need better ways of identifying young people at high risk of stroke, as current risk models are based on predictors of stroke in older people." Medical Research Foundation Chief Executive Dr Angela Hind said, "Historically, we have thought of stroke as only affecting older adults, but studies like this suggest a growing problem in young adults. Stroke in young adults can have a huge impact, often occurring when they are starting a family or already have young children to look after, and have yet to reach the peak of their careers.

"The economic, social and personal consequences can be devastating. More research needs to be done to increase understanding of the causes of young stroke and the best ways of preventing it. This is why we're supporting researchers like Dr Li, who are pushing forward the boundaries of knowledge surrounding young stroke." The Oxford Vascular Study is funded by the National Institute for Health and Care Research (NIHR) Oxford Biomedical Research Centre, Wellcome Trust, Masonic Charitable Foundation, and the Wolfson Foundation.

Heart surgeries

Heart surgeries on hold at Patiala's Govt Rajindra Hospital (The Tribune: 20221031)

<https://www.tribuneindia.com/news/punjab/heart-surgeries-on-hold-at-rajindra-hospital-445403>

Amid the shortage of medicines and surgical items, the Government Rajindra Hospital has stopped conducting heart surgeries. No bypass and open-heart surgeries have been performed at the hospital since October 15. It has been learnt that 10 planned surgeries are already pending and this number is increasing with each passing day. A superspecialist doctor working at the hospital said poor patients couldn't buy surgical items and medicines for heart surgeries on their own as they were very expensive. "Around Rs 1.5 lakh-worth surgical items and other medicines are required for one heart surgery. Poor patients cannot afford expensive surgical items on their own," he said.

The Tribune on Friday found that there was a shortage of even syringes at the hospital. As basic medicines are not available at hospitals, poor patients are the worst hit who have to purchase medicines from private shops.

Chief minister Bhagwant Mann had visited the hospital on October 19 and had assured the provision of medicines at the earliest.

When the issue was raised with Health and Medical Education Minister Chetan Singh Jouramajra, he said, "We have already released Rs 13 crore. The issue will be resolved in 10 days."

Meanwhile, sources said owing to the pending bill worth crores of rupees, Jan Aushadi Kendra couldn't purchase the medicines.

Employees at Jan Aushadi Kendra informed that they couldn't purchase the medicines for the past few weeks. Consequently, patients admitted there are not able to buy even the basic medicines from Rajindra hospital's Jan Aushadi Kendra where medicines are given at subsidised rates.

Dengue

Larvae of dengue mosquitoes found in Guru Gobind Singh Medical College hostel in Faridkot (The Tribune: 20221031)

<https://www.tribuneindia.com/news/punjab/larvae-found-in-medical-college-hostel-in-faridkot-health-dept-sounds-alert-445404>

Larvae of dengue mosquitoes found in Guru Gobind Singh Medical College hostel in Faridkot

The Health Department and Municipal Committee (MC) have sounded alert after they found larvae of dengue mosquitoes in the drinking water storage tanks of girls' hostel at Guru Gobind Singh Medical College and Hospital here today.

The department was checking water tanks after a child of a hostel mess worker was reported to be affected with dengue fever. The Health Department has directed the Faridkot MC to create awareness among the public about the need to cover water storage containers and make random samplings.

“After getting the alert from the Health Department, we have constituted special teams for the job and will penalise those guilty of not covering their water storage container to avoid dengue outbreak,” said Amarinder Singh, Executive Officer, Faridkot MC. Officials of the Health Department said directions were also issued to the MC to issue notices to house owners and landowners in case they failed to take remedial measures to eradicate mosquito-breeding spots inside and outside homes.

According to data, 48 dengue cases have been reported from various parts of the district this year, of which four cases are active.

The Health Department has established dengue wards in all three civil hospitals, two Community Health Centres, one Primary Health Centre and at Guru Gobind Singh Medical College and Hospital to take care of up to 93 patients in the district.

The symptoms of the disease include high grade fever above 102°F, headache, pain in eyes, general body pains, vomiting, skin rashes, which must be monitored for seven to 10 days by medical experts.

Young working professionals

Young working professionals now at high stroke risk: Study (The Tribune: 20221031)

<https://www.tribuneindia.com/news/health/young-working-professionals-now-at-high-stroke-risk-study-445592>

This could suggest a role for work-related stress, low physical activity, and long working hours

Young working professionals now at high stroke risk: Study

Findings from the study published in the journal JAMA on the 'World Stroke Day 2022'. iStock

A team of researchers has found a sharp increase in the incidence of stroke in young adults, especially among the working professionals.

Among young people who had a stroke, there was a significant increase in the proportion who were in more skilled occupations, particularly for professional or managerial jobs.

This could suggest a role for work-related stress, low physical activity, and long working hours, each of which were more strongly associated with risk of stroke than heart attack.

The findings from the study published in the journal JAMA on the 'World Stroke Day 2022', which analysed the rate of new stroke cases in Oxfordshire in the UK over the last 20 years, reflect emerging evidence that young stroke is a growing problem in high-income countries.

"Establishing the importance of known risk factors in young stroke will help to raise general awareness of the need for better control. We also need better ways of identifying young people at high risk of stroke, as current risk models are based on predictors of stroke in older people," said Medical Research Foundation Fellow, Dr Linxin Li, from the University of Oxford.

Stroke is a major health problem that can have devastating consequences. It happens when the blood supply to the brain is cut off, causing the death of brain cells and dysfunction in one or more parts of the brain.

The restricted blood supply can be the result of an artery supplying blood to brain becoming blocked, a blood vessel rupturing causing a bleed inside the brain, or a brief reduction in the blood supply to the brain.

The traditional view is that vascular risk factors, such as high blood pressure, diabetes and obesity, play a minor role in young stroke, but recent studies have begun to contradict this view.

Dr Li's research focuses on multiple types of stroke, such as ischaemic strokes, caused by a blockage of arteries, 'mini-strokes' (transient ischaemic attacks) and bleeding in the brain (intracerebral haemorrhage and subarachnoid haemorrhage).

The researchers found that between 2002-2010 and 2010-2018, there was a 67 per cent increase in stroke incidence among younger adults (under 55 years), and a 15 per cent decrease among older adults (55 years or older).

A similar divergence in incidence was not found for other vascular events, such as heart attacks.

"Historically, we've thought of stroke as only affecting older adults, but studies like this suggest a growing problem in young adults," said Dr Angela Hind, Chief Executive of the Medical Research Foundation.

"Stroke in young adults can have a huge impact, often occurring when they are starting a family or already have young children to look after, and have yet to reach the peak of their careers. The economic, social and personal consequences can be devastating," Hind added.

WHO

WHO: India recorded 21.4L TB cases in '21(The Tribune: 20221031)

<https://www.tribuneindia.com/news/nation/who-india-recorded-21-4l-tb-cases-in-21-445368>

The World Health Organisation's TB report released today said India recorded 21.4 lakh TB cases in 2021, 18 per cent higher than 2020.

The WHO report notes the impact of the Covid-19 pandemic on the diagnosis, treatment and burden of the disease all over the world.

The Ministry of Health today said it had taken note of the report and added that India had, in fact, performed far better on major metrics as compared to other countries over time.

18% higher than 2020

India's TB incidence for 2021 is 210 per 1,00,000 population — compared to the baseline year of 2015

One out of every four TB cases worldwide is in India

“India's TB incidence for 2021 is 210 per 1,00,000 population — compared to the baseline year of 2015 (incidence was 256 per lakh of population in India); there has been an 18 per cent decline, which is 7 percentage points better than the global average of 11 per cent. These figures also place India at the 36th position in terms of incidence rates (from largest to smallest incidence numbers),” the government said.

While the pandemic impacted TB programmes across the world, India was able to successfully offset the disruptions caused, through the introduction of critical interventions in 2020 and 2021 — this led to the National TB Elimination Programme notifying over 21.4 lakh TB cases — 18 per cent higher than 2020, the ministry explained.

It said this success could be attributed to an array of forward-looking measures implemented by the programme over the years, such as the mandatory notification policy to ensure all cases are reported to the government. “Further, intensified door-to-door active case finding drives to screen patients and ensure no household is missed, has been a pillar of the programme. In 2021, over 22 crore people were screened for TB,” the government said.

21.4 lakh new TB cases reported in India in 2021; 18% higher than previous year: WHO report

The report also notes the crucial role of nutrition and under-nutrition as a contributory factor to the development of active TB disease

21.4 lakh new TB cases reported in India in 2021; 18% higher than previous year: WHO report

Photo for representational purpose only. iStock

A total of 21.4 lakh TB cases were notified in India in 2021 – 18 per cent higher than 2020 – with over 22 crore people screened for the disease across the country for early detection and treatment, according to the WHO'S Global TB report.

Under the Pradhan Mantri TB Mukh Bharat Abhiyan, an initiative of the government, more than 40,000 Nikshay Mitra are supporting over 10.45 lakh TB patients all over the country presently, the Union Health Ministry said.

The World Health Organization, which released the report on October 27, noted the impact of the COVID-19 pandemic on the diagnosis, treatment, and burden of disease for TB all over the world.

Taking note of the report, the Union Health Ministry on Friday claimed that India has, in fact, performed “far better” on major metrics as compared to other countries over time.

“India’s TB incidence for the year 2021 is 210 per 100,000 population – compared to the baseline year of 2015 (incidence was 256 per lakh of population in India); there has been an 18 per cent decline which is 7 percentage points better than the global average of 11 per cent,” the ministry said in a statement.

These figures also place India at the 36th position in terms of incidence rates (from largest to smallest incidence numbers), it said.

While the COVID-19 pandemic impacted TB programmes across the world, India was able to successfully offset the disruptions through the introduction of critical interventions in 2020 and 2021, which led to the National TB Elimination Programme notifying over 21.4 lakh TB cases – 18 per cent higher than 2020, the statement said.

The ministry said the success can be attributed to an array of measures implemented in the programme over the years, such as the mandatory notification policy to ensure all cases are reported to the government.

Intense door-to-door Active Case Finding drives to screen patients to ensure that no household is missed, has been a pillar of the programme, the government said.

The aim has been to find and detect as many cases as possible to arrest transmission of the disease in the community, which has contributed to the decline in incidence, it said.

For this purpose, India has also scaled up diagnostic capability to strengthen detection efforts, it said.

Indigenously-developed molecular diagnostics have helped expand the reach of diagnosis to every part of the country today. India has over 4,760 molecular diagnostic machines across the country, reaching every district, the statement said

Against this backdrop, and before the publication of the global report, the Ministry of Health had communicated to WHO that the ministry has initiated domestic studies to arrive at a more accurate estimate of incidence and mortality rates in a systematic manner and India’s data will be provided after conclusion of studies in early part of 2023, the statement said.

The WHO, acknowledging the health ministry’s position and in its report, noted that “estimates of TB incidence and mortality in India for 2000–2021 are interim and subject to finalization, in consultation with India’s Ministry of Health & Family Welfare.”

The results of the health ministry’s study, initiated by the Central TB Division (CTD), will be available in approximately six months’ time and shared with the WHO.

These steps are in line with India conducting its own National Prevalence Survey to assess the true TB burden in the country – the world’s largest such survey ever conducted.

The WHO report notes that India is the only country to have completed such a survey in 2021, a year which saw “considerable recovery in India.”

The WHO Report also notes the crucial role of nutrition and under-nutrition as a contributory factor to the development of active TB disease.

In this respect, the TB Programme's nutrition support scheme – Ni-kshay Poshan Yojana – has proved critical for the vulnerable.

During 2020-21, India made cash transfers of 89 million dollars (INR 670 crores) to TB patients through a Direct Benefit Transfer programme, the government said.

Moreover, in September 2022, the President of India launched a first-of-its-kind initiative, Pradhan Mantri TB Mukh Bharat Abhiyan, to provide additional nutritional support to those on TB treatment, through contributions from community and organisations.

Till date, 40,492 donors have come forward to support over 10,45,269 patients across the country, the statement said.

Thyroid problems

Keep thyroid problems away with these yoga postures (Indian Express: 20221031)

<https://indianexpress.com/article/lifestyle/health-specials/keep-thyroid-problems-away-with-yoga-postures-8237107/>

These asanas not only cure thyroid problems but are also anti-ageing practices because they keep the spine supple, activate the thyroid glands and increase blood supply to the brain, thus keeping you mentally young and active, says yoga guru Kamini Bobde

Kamini Bobde showing a yoga posture for thyroid problems. (Screengrab)

The scourge of hypothyroidism and hyperthyroidism has reached alarming levels in India with one in every ten persons suffering from it. The cause has been tracked down to a lack of iodine in food intake, polluted water, pesticides, bad dietary habits, stress and tension. The good news is that yoga and diet can help in eliminating the problem or in chronic or intense problems, can bring it down to manageable levels.

Samantha Ruth Prabhu opens up about suffering from myositis; know more about the autoimmune condition

Stroke

How to understand the signs and symptoms of stroke? (Indian Express: 20221031)

<https://indianexpress.com/article/lifestyle/health-specials/understand-signs-symptoms-stroke-8237116/>

Being stroke-ready is nothing but knowing when and where

to seek help, without wasting a minute. That's because brain cells die at the rate of about 4 million neurons a minute, says Dr Pradyumna Oak, Director & Head – Neurology, Nanavati Max Super Specialty Hospital, Mumbai. A World Stroke Day special.

Stroke, diabetes, hypertension

Diabetes and hypertension are the two most common risk factors for stroke worldwide (Indian Express: 20221031)

<https://indianexpress.com/article/lifestyle/health-specials/air-marshal-pv-iyer-fitness-regime-health-tips-chronic-illness-8236405/>

Another Top Gun: At 92, former Air Marshal PV Iyer runs 8 km a day, doesn't miss his workouts and has kept chronic illness at bay

Documenting his journey in a new book, Iyer argues there's much strength in our bodies derived from our prehistoric ancestors. 'They ran long distances and had excellent heart and lung conditions. We have their genes; so all we have to do is to activate our body potential. Just keep moving your legs, age no bar' says the fitness maverick

At 92, former Air Marshal PV Iyer is somewhat of a fitness maverick

He's just back from an 8-km run; he's never missed one in his life. Some days, just for variety, he straps on 5 kg weight bands and runs again. Now he's sheafing through the newspapers as he awaits his breakfast of oats, toast and eggs. Mid-morning through to noon, he reads books, writes journals, listens to podcasts and learns foreign languages. He hits the home gym by 5 pm, doing some weight training with dumbbell workouts and pull-ups on exercise bars to work his muscles. He has run 1,20,000 km, is as lean and supple as an athlete but not quite one. At 92, former Air Marshal PV Iyer is somewhat of a fitness maverick, who can give most young people a run for their money. And he has managed to keep chronic illnesses, which are plaguing the younger generation, and old-age fuzziness of his peers at bay, simply by "using his legs." If he's managed to hold your interest so far, know this. As an Air Force man, he kept to his drills but started running long-distance only at the age of 47.

New Covid-19 XBB sub-variant

The new Covid-19 XBB sub-variant has arrived in India. How worried should you be? (Indian Express: 20221031)

<https://indianexpress.com/article/lifestyle/health-specials/covid-19-xbb-sub-variant-india-8235722/>

‘Precaution dose catch-up is essential for the elderly, especially those with chronic co-morbidities and immune suppression. Masking needs to continue especially in closed, congregated settings without adequate ventilation. Stay at home when sick. Genomic sequencing needs to continue,’ says Dr Sanjay Pujari, infectious diseases expert and member of the Indian Council of Medical Research (ICMR)-Covid 19 task force

Dr Sanjay Pujari is member of the Indian Council of Medical Research (ICMR)-Covid 19 task force.

Emerging Covid sub-variants have been anticipated for a while now and have been reported across various pockets in the country, predominantly in Maharashtra. With winter about to set in, it will be a wait and watch to check whether there will be a new wave of Covid-19 infections. Dr Sanjay Pujari, infectious diseases expert and member of the Indian Council of Medical Research (ICMR), says vaccines may work well in preventing severe illness associated with the new XBB sub-variant, based on the Singapore experience.

PCOS

Can PCOS in young women cause Type 2 diabetes by 40? (Indian Express: 20221031)

<https://indianexpress.com/article/lifestyle/health-specials/pcos-young-women-type-2-diabetes-8234679/>

Women with PCOS frequently develop insulin resistance, which increases the risk of Type 2 diabetes even if their bodies can produce insulin. They are also more prone to gestational diabetes, says Dr Harsh Parekh, Consultant Endocrinologist and Diabetologist at Wockhardt Hospital, Mumbai

Evidence indicates that PCOS is a significant independent risk factor for developing diabetes

Women with PCOS (polycystic ovary syndrome) are often insulin-resistant; their bodies can make insulin but can't use it effectively, increasing their risk for Type 2 diabetes. As per the US Centres for Disease Control and Prevention (CDC), they can develop serious health problems, especially if they are overweight, with more than half of them likely to develop Type

2 diabetes by age 40. They also have higher levels of androgens (male hormones that females also have), which can stop eggs from being released (ovulation) and cause irregular periods, acne, thinning scalp hair and excess hair growth on the face and body. Dr Harsh Parekh, Consultant Endocrinologist and Diabetologist at Wockhardt Hospital, Mira Road, explains how one of the commonest of women's health issues impact their metabolism and body functions.

Medical centres

Laxity of medical centres holds up treatment for patients with rare diseases (The Hindu: 20221031)

<https://www.thehindu.com/sci-tech/health/medical-centres-laxity-holds-up-treatment-for-patients-with-rare-diseases/article66060736.ece>

Healthy Ministry's push notwithstanding, centres fail to submit request applications from patients for approval

Despite the Health Ministry issuing guidelines and procedures for providing financial assistance to the patients suffering from various rare diseases, only two out of the nine medical centres selected from across the country have submitted applications for receiving funds for such treatment.

The delay puts at further risk several patients who continue to battle rare diseases and are almost completely dependent on government assistance for medicines and medical care. The Ministry has now written to these medical institutes to immediately rectify the situation to ensure that no patient suffers without treatment.

21.4 lakh TB cases notified in India in 2021, 18% higher than 2020: Health Ministry(

21.4 lakh TB cases notified in India in 2021, 18% higher than 2020: Health Ministry(The Hindu: 20221031)

<https://www.thehindu.com/news/national/214-lakh-tb-cases-notified-in-india-in-2021-18-higher-than-2020-health-ministry/article66066264.ece>

In September, the first-of-its-kind initiative, Pradhan Mantri TB Mukta Bharat Abhiyan was launched to provide additional nutritional support to TB patients

India's TB incidence for the year 2021 is 210 per 100,000 population – compared to the baseline year of 2015 (incidence was 256 per lakh population in India) and there has been an

18% decline which is 7 percentage points better than the global average of 11%, said the Health Ministry on Friday, while reacting to the World Health Organization (WHO) Global TB Report 2022, released on October 27.

Stating that India had done better in major metrics as compared to other countries over time the Ministry said that the figures placed India at the 36th position in terms of incidence rates (from the largest to the smallest incidence numbers).

Pandalur malnourished,

Half of all children from Adivasi communities in Gudalur, Pandalur malnourished, says report (The Hindu: 20221031)

<https://www.thehindu.com/news/cities/Coimbatore/half-of-all-children-from-ativasi-communities-in-gudalur-pandalur-malnourished-says-report/article66064590.ece>

Of 1,037 Adivasi children monitored in Gudalur and Pandalur taluks between April 2021 and March 2022, healthcare professionals of a charitable society found over 20% severely malnourished and over 30% moderately malnourished

More than one in two children from Adivasi communities suffer from either moderate or severe malnutrition in Gudalur and Pandalur taluks in the Nilgiris ,indicates a report from the Association for Health Welfare in the Nilgiris (ASHWINI), a charitable society, which runs the Gudalur Adivasi Hospital.

Tuberculosis cases

Tuberculosis cases rise for the first time in years, says WHO(The Hindu: 20221031)

<https://www.thehindu.com/sci-tech/health/tuberculosis-cases-rise-for-the-first-time-in-years-says-who/article66062347.ece>

The World Health Organization says the number of people infected with tuberculosis, including the kind resistant to drugs, rose globally for the first time in years in 2021

The number of people infected with tuberculosis, including the kind resistant to drugs, rose globally for the first time in years, according to a report issued Thursday by the World Health Organization.

The U.N. health agency said more than 10 million people worldwide were sickened by tuberculosis in 2021, a 4.5% rise from the year before. About 1.6 million people died, it said.

AstraZeneca COVID-19 jab's

Study confirms AstraZeneca COVID-19 jab's higher risk of very rare clot(The Hindu: 20221031)

<https://www.thehindu.com/sci-tech/health/study-confirms-astrazeneca-jabs-higher-risk-of-very-rare-clot/article66059768.ece>

Thrombocytopenia produces potentially life-threatening blood clots with low levels of blood platelets.

AstraZeneca's Covid vaccine has been linked to a 30% higher risk of getting a very rare blood clotting condition compared to the Pfizer jab, a large international study said Thursday.

Several countries have already altered their advice after previous research indicated that -- in a tiny number of cases -- thrombosis with thrombocytopenia syndrome (TTS) can be a possible side effect of Covid vaccines that use an adenovirus vector, or "engineered" virus, such as those from AstraZeneca and Johnson & Johnson.

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डेंगू, मलेरिया और चिकुनगुनिया

डेंगू, मलेरिया और चिकुनगुनिया की तरह होने लगी कोरोना की गिनती (Hindustan: 20221031)

<https://www.livehindustan.com/lifestyle/health/story-experts-says-seasonal-flu-dengue-malaria-chikungunya-and-corona-has-not-much-difference-in-the-number-of-cases-7286603.html>

विशेषज्ञों के अनुसार, मौसमी फ्लू और कोरोना के मामलों की संख्या में बहुत अधिक अंतर नहीं है। हालांकि, देश में कोरोना के नए स्वरूप पर निगरानी रखी जानी चाहिए, ताकि समय रहते उसका पता लगाया जा सके।

डेंगू, मलेरिया और चिकुनगुनिया की तरह होने लगी कोरोना की गिनती

कोविड-19 महामारी से संबंधित नियमों का पालन नहीं किए जाने के बावजूद बीते कुछ महीनों से संक्रमितों के अस्पताल में भर्ती होने और मौत के मामलों में कमी बरकरार है। विशेषज्ञों का कहना है कि कोरोना अब स्थानिक चरण में पहुंच गया है। स्थानिक रोग आमतौर पर किसी क्षेत्र विशेष में समय-समय पर उभरने वाली बीमारियां होती हैं, जैसे कि डेंगू, मलेरिया, चिकुनगुनिया आदि।

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कोविड और इन्फ्लुएंजा के लक्षण समान

अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के पूर्व निदेशक डॉ. रणदीप गुलेरिया ने कहा, फिलहाल कोविड और इन्फ्लुएंजा के लक्षण बहुत समान हैं। कोरोना को फ्लू जैसा सिंड्रोम कहा जा सकता है, जिसका अनिवार्य रूप से इलाज कराने की जरूरत होगी। कुछ मामले अधिक गंभीर हो सकते हैं, लेकिन फिलहाल इन मृत्युदर नहीं के बराबर है।

बीमारी के पहलू समझने लगे लोग

सफरदरजंग अस्पताल के अतिरिक्त चिकित्सा अधीक्षक डॉ. नीरज गुप्ता ने कहा, मौजूदा मामलों को देखते हुए कह सकते हैं कि कोविड लगभग स्थानिक चरण में पहुंच गया है। अस्पताल में आने वाले रोगियों की संख्या मौसमी फ्लू के मरीज के लगभग बराबर या कम है। बीमारी के पहलुओं से परिचित होने के बाद लोग समझने लगे हैं कि कोरोना से ज्यादा दिक्कत नहीं होगी। हालांकि, बुजुर्गों और विभिन्न रोगों से पीड़ित मरीजों को अभी भी सावधानी बरतनी होगी।

हर स्वरूप पर रखनी होगी नजर

चिकित्सक और महामारी विज्ञानी डॉ. चंद्रकांत लहरिया ने कहा, हमें यह याद रखने की आवश्यकता है कि हर नया स्वरूप अपने आप चिंताजनक रूप नहीं अख्तियार कर लेता है। लंबे समय तक नियमित रूप से सार्स-कोव-2 वायरस के नए स्वरूप उभरते रहेंगे। इन पर नजर रखनी चाहिए और जीनोम अनुक्रमण होते रहने चाहिए, लेकिन हर बार नया स्वरूप आने पर उस पर चर्चा शुरू करने का कोई तुक नहीं है।

Benefits Coconut Oil

Benefits Of Coconut Oil: रोजाना के खाने में मिलाएं नारियल तेल, सेहत को मिलेंगे गजब के फायदे(Hindustan: 20221031)

<https://www.livehindustan.com/lifestyle/health/story-know-amazing-health-benefits-of-regularly-consuming-coconut-oil-7284260.html>

बालों की ग्रोथ को बूस्ट करने के साथ ही नारियल तेल स्किन के लिए भी फायदेमंद होता है। दादी-नानी अक्सर इस तेल के फायदों को गिनवाती हैं। लेकिन क्या आप जानती हैं कि ये हेल्थ के लिए भी काफी ज्यादा फायदेमंद होता है। फंक्शनल न्यूट्रिशनल थेरेपी प्रैक्टिशनर मेग लैंगस्टन ने अपने इंस्टाग्राम पोस्ट में रोजाना नारियल तेल खाने के फायदे बताए हैं।

1) हीलिंग के लिए फायदेमंद- दूसरे सैट्यूरेटेड फैट्स के विपरीत, नारियल का तेल एक हेल्दी संतृप्त फैट है जो शरीर में हीलिंग को स्पॉर्ट करता है। नारियल के तेल में 80% से ज्यादा संतृप्त वसा होता है।

2) फैट बर्निंग को बढ़ावा- इसमें एंटी-इंफ्लेमेटरी गुण होते हैं। यह अविश्वसनीय रूप से फायदेमंद हो सकता है क्योंकि शरीर में सूजन को कम करने से थायराइड / मेटाबॉलिज्म को स्लो करने में मददगार हो सकता है। यह अपने एंटीमाइक्रोबियल और एंटीऑक्सीडेंट गुणों के कारण वजन कम करने में मदद कर सकता है।

3) ब्लड शुगर में सुधार करता है- नारियल का तेल ग्लूकोज सहिष्णुता में सुधार करने में मदद करते हैं। इसका कारण यह है कि एमसीटी बिना पित्त ब्रेक के पाचन तंत्र से सीधे लिवर में जाते हैं। ऐसे में ये दूसरी तरह के फैट की तरह शरीर में जमा होने के बजाय एनर्जी के लिए इस्तेमाल किए जाते हैं।

4) संक्रमण से लड़ने में मदद- नारियल के तेल में लॉरिक एसिड होता है और शरीर लॉरिक एसिड को मोनोलॉरिन में बदल देता है, जिसमें एक एंटीमाइक्रोबियल गुण होता है और यह बैक्टीरिया से लड़ने में बहुत अच्छा होता है।

5) कोलेस्ट्रॉल होता है कम- नारियल के तेल को रोजाना खाने से प्रेमेनोलोन और प्रोजेस्टेरोन में इसके रूपांतरण को बढ़ावा देकर कोलेस्ट्रॉल को सामान्य स्तर पर लाया जा सकता है।

आयुर्वेद

आयुर्वेद: इन ड्रिंक्स की मदद से बॉडी को करें डिटॉक्स, वजन भी होगा कम(Hindustan: 20221031)

<https://www.livehindustan.com/lifestyle/health/story-ayurveda-easy-ayurvedic-detox-drinks-for-post-diwali-weight-loss-7279652.html>

Ayurvedic Detox Drinks: सूजन, एसिडिटी, पेट के भारीपन से दूर रहने के लिए और दिवाली के दौरान बढ़े हुए वजन को कम करने के लिए आप इन आयुर्वेदिक डिटॉक्स ड्रिंक्स को पी सकते हैं।

दिवाली के त्योहार को हर कोई अलग-अलग तरह से सेलिब्रेट करता है। हालांकि कुल मिलाकर देखा जाए तो भारतीय त्योहारों को सेलिब्रेट करने का मतलब तरह-तरह का खाना है। फेस्टिव सीजन के दौरान हर कोई कई तरह के पकवान का स्वाद चखता है। इस दौरान तरह-तरह के खाने और मिठाई को देख कर खुद को कंट्रोल कर पाना भी काफी मुश्किल होता है। हालांकि ज्यादातर लोग त्योहारों पर जम कर खाते हैं और फिर बाद में कई तरह की परेशानियों से जूझते हैं। खुद को वापिस ट्रैक पर लाने के लिए आपको अपनी बॉडी डिटॉक्स करनी चाहिए।

आयुर्वेद के सुझाए ये 3 नैचुरल ड्रिंक्स हैं चमत्कारी, यूरिन में जलन जैसी कई समस्याओं से मिलेगा छुटकारा

ऐसे बनाएं डिटॉक्स ड्रिंक्स

आयुर्वेद एक्सपर्ट दीक्षा भावसार ने अपने हालिया इंस्टाग्राम पोस्ट में तीन डिटॉक्स ड्रिंक्स के बारे में बताया है। उनका कहना है कि 3 हफ्तों तक इन 3 आयुर्वेदिक ड्रिंक्स का सेवन करने से आपको वापस पटरी पर आने में मदद मिलेगी, इम्यूनिटी के साथ-साथ आपके पाचन में सुधार होगा। इसी के साथ आपको हल्का महसूस होगा, आपकी त्वचा के लिए अच्छा होगा, और दिवाली के दौरान बढ़े वजन को कम करने में भी मदद मिलेगी।

